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TIPS FOR STRENGTHENING, EXPANDING, AND USING YOUR BIOFIELD WITH THE RESONANT ENERGY BALLOON (REBAL)



by Brian Dailey, MD

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*Brian Dailey, MD, and Allyn Evans, MBA, have a long association with The Monroe Institute in Faber, Virginia. Together they teach the **Energy Medicine** course.*

We use a very simple technique learned in the **Gateway Voyage** program called the Resonant Energy Balloon, or **REBAL**, to strengthen, expand, and use our human biofields to great advantage.

Here's how it works

You set your intention to increase your energy. By inhaling white light of the highest frequency, and then exhaling this energy out the top of the head, down around the body, and up through the feet, you become surrounded in a ball of white light and energy of the highest vibrational

frequency. You can then inhale and exhale again to expand it further, as many times as you wish. Visualize your REBAL containing everything good, pure, and wonderful, and letting out anything impure and negative. The outside of the REBAL can then protect against negative energies.

So how do you use this expanded and heightened energy? Here are some examples:

- Pop a REBAL before any **healing** exercise, it will increase your energy.
- Pop a REBAL around you and your audience before public speaking to **appear more charismatic**.
- Pop a REBAL when dealing with angry/upset individual to keep negative energy out. Pop 2nd REBAL around BOTH OF YOU to **increase rapport!** I use this in the Emergency Department where I am a physician with great success all the time! In tragic events, you can help them cope better!
- *Pulled over for **traffic infraction?** REBAL!* It can have a positive influence. No guarantees, some have gotten warnings instead of tickets.
- **Parking:** visualize where you wish to park before leaving, with the intent the space will be there. This happened to me: The day before Christmas, Malls are packed, visiting my brother Sean in Phoenix, AZ. He turns to me driving, “where we going to park?” I answered, “second closest parking spot to the main entrance” (no clue why I didn’t say closest). We pull down and every spot is full. The car in the second closest spot backs out as I am pulling up, I pull in. I turn to Sean and explain, “he was holding our parking spot.”

In 2005, Dr. Harry Oldfield developed imaging equipment and software to capture images of energy biofields. Harry, I, and Dr. Thornton Streeter started a life-long collaboration in **Biofield Imaging**. We use Biofield Imaging in our Energy Medicine course along with Hemi-Sync® and Spatial Angle Modulation™ (SAM) sound technologies to expand healing energy fields.

Using dowsing rods, one participant measured another who demonstrated he had expanded his field by 250 feet! During the last Energy Medicine program at TMI we imaged participants performing the REBAL technique and received visual confirmation that the REBAL does expand and elevate energy!

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.